

THE ADVOCATE

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Why I Come To Work

by Shelby Ford, Cook Leader

I'm **Shelby Ford** and I feed the youth that are detained at the Youth Services Center. A lot of people don't know that we do special things for both the boys and girls at this center; for example, finding out when their birthday occurs and baking a cake for them so they don't feel as though they're too far away from home. There's a lot of meals to prep and serve everyday. We provide breakfast, lunch, dinner, and snacks to the kids so they are well-fed. I've been working with DYRS for the past 3 years and previously worked at an adult prison facility in Lorton as a contractor. I like coming to work because I like preparing healthy meals for the youth. You can see the appreciation on their faces when you work hard to provide healthy meals for them. It's a big difference providing meals for the youth rather than adults. Giving meals to the young people gives me the satisfaction I need to come into work to prep, cook, serve, and lead my team in cooking everyday.



Chinese Delegation Tours Oak Hill Youth Center

by Sherry Deane, Special Assistant



On Friday, 17 October 2008, DYRS hosted a distinguished delegation comprising the People's Republic of China which consisted of the **Research Department of the Supreme People's Court** and the **Communist Party of China**. Others participants in this visit included the **MacArthur Foundation**, the **Dui Hua Foundation**, **Former Chief Justice, Eugene Hamilton**, **District of Columbia Superior Court**, and **Soo Hyun Koo**, Executive Director of the **Mayor's Office on Asian and Pacific Islander Affairs**. The visiting delegation was in the United States to visit juvenile facilities across the country and engage in dialogue with American judges, juvenile justice officials, researchers, practitioners, and youth concerning reform efforts, promising programs, and best practices in the field. The District of Columbia was one of the selected cities and the Oak Hill Youth Center was the selected facility. A

special highlight of the visit was that our young men served as tour guides and did a wonderful job of describing their daily activities and showcasing their units to the visitors. The delegation and invited guests also had the opportunity to visit Oak Hill Academy. DYRS is proud that its staff and youth were able to be a part of the first high-ranking legal exchange on juvenile justice between the United States and the People's Republic of China.

Working out with Dr. Vital (aka Dr. Pain)

by Dr. Johanathan Vital, Mental Health Specialist

Stretched out into the scissors position, the daily exercise participants work the core of their torso through the day's abs workout series led by myself, **Dr. Vital**. Everyday between 11:30 a.m. to 12:30 p.m., staff have the opportunity to engage in a series of healthy workout regiments held at the Youth Services Center. Already known as Dr. Pain, I like to challenge the group with working out different muscle groups while stressing the importance of stretching the muscles to avoid any exercise related injuries. All staff are invited to join me and their colleagues at the Youth Services Center gymnasium for the free workout sessions.



Government of the District of Columbia
Department of Youth Rehabilitation Services